

Moving On

Sometimes, letting go requires courage. Have you got it? In life, we often experience situations or meet people whom we later go on to believe will stay with us forever. Well, I believe nothing lasts forever. There is a saying “Life is like a coin. You can spend it any way you wish, but you can only spend it once.” That’s right. Every moment in our life--- we can only spend it once. So we should always enjoy it while it lasts and then move on, without any regrets whatsoever. To me, if I were to get tied down by painful memories, I wouldn’t be able to live life to the fullest. Clinging on would only lead to more sorrow and misery... Letting go is the cure.

Just months ago, I was struck by the death of my grand aunt. She was just like a grandmother to me. Loving, caring, you name it, she’s it. Usually, many would not have such a relationship with their grand aunts, but mine with her was that of a special one. I remember the times when I would visit her and attempt trying to help her clean her house but end up making a mess. She would always cook me my favourite chicken wings upon knowing about my visit. We would always watch her favourite Chinese soap operas where she would try explaining to me what was happening and then laughing at the way I tried to imitate the “accent”. Then, suddenly everything ended with the news of her death. I plunged straight into depression, entering the state of denial. “How could she be gone like that?” were the words that kept playing over and over again in my mind. For the next couple of weeks, memories of my grand aunt kept surfacing in my mind; her tender and caring voice ringing in my ears... simply put, it was impossible trying to forget about her.

Just then, my mum’s comforting words woke me up. “Cozette, grand aunt is the setting sun, while you’re the rising sun. You’ve got your whole life ahead of you, and you’re going to face many more setbacks in life... Life goes on.” That instant, my eyes were opened to this whole different side of life. It seemed frightening, unfamiliar; so vulnerable...Once again, memories of her flooded my mind. Suddenly, I was terrified. So this was it. Life truly isn’t a bed of roses. I woke up to the fact that life had to go on. I thought to myself, “Hey, I have had great moments with her. It’s not that bad.” I had spent my “coin” well, and hence there weren’t any regrets. I could finally move on.

Right now, I’m having the time of my life, battling the challenges each day has laid out for me. I’ve learnt to let go. Thanks to this great lesson of life, I yearn to live everyday to the fullest, and then move on without regrets. Most importantly, I hold on to the saying that “our eyes are placed in front as it is always more important to look forward than to look back.” I believe in moving on. Do you?